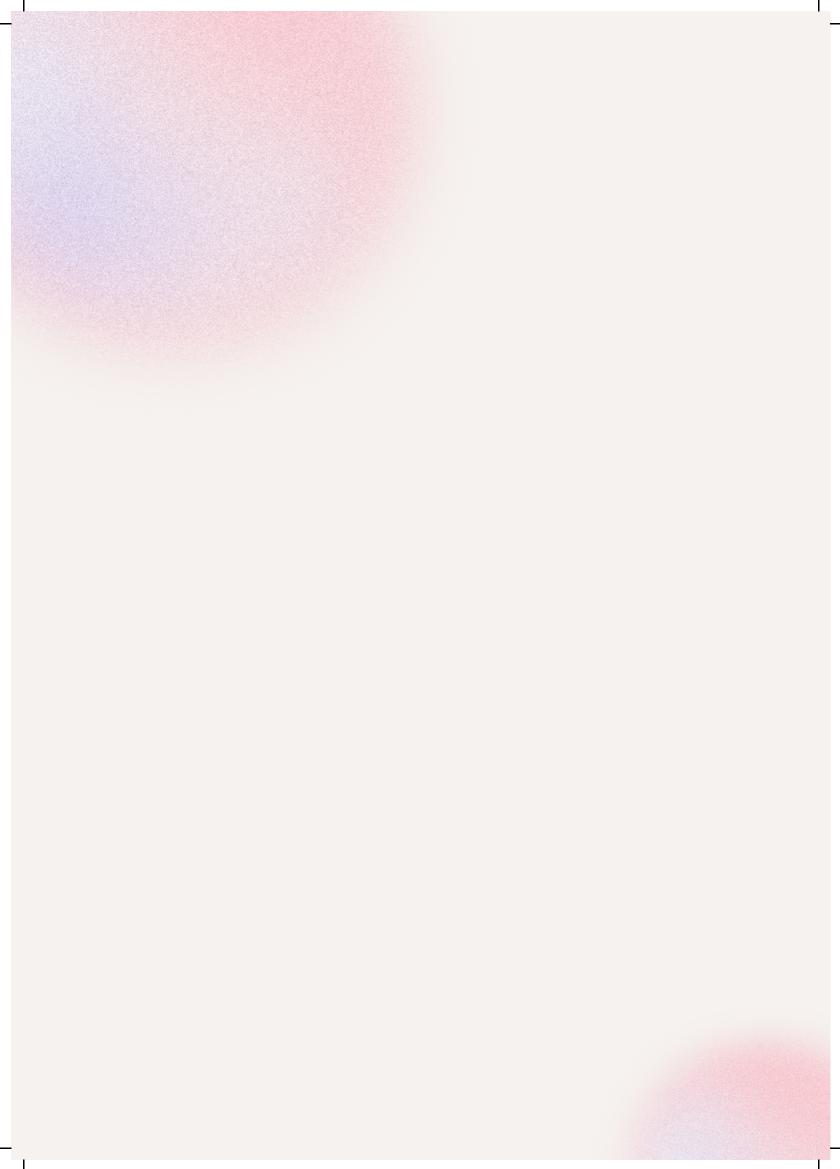
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I am grateful for this moment.



DEAR, MY FUTURE SELF

TODAY IS

Dear me,

FOCUS ON THE SILVER LININGS

Writing a letter to your future self is a great mindfulness exercise to help you reflect on your current life, as well as your goals and dreams.

What advice do you have for your future self? What do you want to remember next month?

Sincerely,

30 BAYS OF SELF GARE

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Do a 5-minute stretch exercise	Drink more water	Go for a walk in nature	Indulge in your favorite treat	Go to bed earlier
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Dance to your favorite songs	Enjoy delicious plant-based meals	Log off from social media	Cook or order your favorite meal	Practice yoga
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Go on a solo date	Write a haiku	Give yourself a <u>face massage</u>	Try watercolor painting	Try a DIY Project
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Watch the sunrise	Read a self- development book	Create a pie– chart of your feelings	Record an advice for yourself	Sketch everyday things
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Get some morning sunlight	Start a new hobby	Read your goals aloud	Organize your closet	Watch the sunset
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Give yourself a break	Learn a new skill	Visualize your ideal future	<u>Discover your</u> g <u>reatest</u> <u>strengths</u>	Put down your phone, connect with yourself

SETTING INTENTIONS

What attitudes and limiting beliefs do I have that are causing blockages on my path to self-fulfillment?	MINDFULNESS
	Mental Health
O	Mindfulness and self knowledge
\bigcirc	Soul
\bigcirc	Stimulation and fulfillment
\bigcirc	
What are my core needs? Physical, mental, emotional, etc.	BOBY AWARENESS
O	Self Gare
\bigcirc	Basic hygiene and body care
\bigcirc	Breakthrough
	Exercise, sleep and meditation
\bigcirc	

EMBRACE YOURSELF

Take three deep breaths, observe the stillness within, and then set your intentions. Use positive statements like "I will start doing this," in present tense.

WEEKLY GRATITUDE

ORGANIZE YOUR THOUGHTS

Practice directing your attention and awareness to look inward, and help you focus on the present moment.

FORE · ARAUBAUCE

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What are the most important life lessons you learned last week?

What are you most looking forward to in the coming week?

I am happiest when I am...

DATE / / DTRD	2 6 7 0 6 5 5 10 NOHTROU
TOBAY, I'M EXCITED ABOUT	TODAY, I AM GRATEFUL FOR
TODAY'S 3 (REALISTIC) PERSONAL GOALS 	78-B0 LIS7
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ROTES · FEELINGS · MAGIC	
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SETTING INTENTIONS

Think about what triggers your stress, emotions, and other unsustainable habits. How can you manage it better?	MINDFULNESS
	Mental Health
O	Step outside of yourself and observe your behaviors
0	Soul Let go of what does not serve you to make space for healing
O	
Bo you have habits that you would like to change or improve? What actionable steps can you take to make it happen?	BOBY AWARENESS
	Self Gare
0	Remember that your negative thoughts are not a reflection of who you are
O	Breakthrough Practice sitting with your thoughts and observe them without judgment
\bigcirc	

EMBRACE YOURSELF

Take three deep breaths, observe the stillness within, and then set your intentions. Use positive statements like "I will start doing this," in present tense.

WEEKLY GRATITUDE

ORGANIZE YOUR THOUGHTS

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SETTING INTENTIONS

Bo your current friendships and relationships bring joy to you? How can you improve these connections?

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Having trouble sleeping? What's keeping you up? What do you dream about?

 MIRDFULRESS Mental Health Connect with those who appreciate and uplift you through good and bad Soul Authentic connections respect mindful boundaries BODY AWARENESS Self Gare Observe negative thoughts objectively, you do not have to believe or give in to it Improvement Remember that energy and time are finite

EMBRACE YOURSELF

Take three deep breaths, observe the stillness within, and then set your intentions. Use positive statements like "I will start doing this," in present tense.

WEEKLY GRATITUDE

ORGANIZE YOUR THOUGHTS

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SETTING INTENTIONS

Gelebrate your <u>character strengths</u> .	MINDFULNESS
0	Mental Health Pay attention to your character strengths and
\bigcirc	how you express them
\bigcirc	Self-awareness serves as a path to see yourself as you really are
\bigcirc	
Slow down and eat your meals mindfully. Rotice the texture, smell, taste and how it nourishes	BOBY AWARENESS
your body.	Self Gare Use all your senses to choose foods you love and nourishing to your body
0	Breakthrough
\bigcirc	Find an eating pattern that works for you, and slowly develop a healthier relationship with food
\bigcirc	

EMBRACE YOURSELF

Take three deep breaths, observe the stillness within, and then set your intentions. Use positive statements like "I will start doing this," in present tense.

WEEKLY GRATITUDE

ORGANIZE YOUR THOUGHTS

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SETTING INTENTIONS

Bescribe 2 nice things that happened to you in the past week. Then, list 2 nice things you will do for others next week. MIRDFULRESS Mental Health A single act of kindness creates a cascade of wander and magic Soul Notice what people around you do well and give them a genuine compliment _____ Where in my body do I feel tension? How can I BODY AWARENESS relieve it? Self Gare Focus your attention on your sensations, breathing, and the movements of your body Breakthrough Learn to listen to the needs of your body, what can you do to release the tensions?

EMBRACE YOURSELF

Take three deep breaths, observe the stillness within, and then set your intentions. Use positive statements like "I will start doing this," in present tense.

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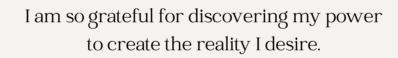
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